

AH-AH-AH-CHOO!

Most Common of Disease, Wheezy Colds, Shouldn't Be Sneezed At

BY ROY O. GILBERT, M.D.
L. A. County Health Officer

Bringing plenty of misery in its wake, the common cold causes more absences from school and work than all other illnesses combined.

As a matter of fact, it is the cause of from 50 to 60 per cent of all the hours lost from work. And, although it is in itself not serious this acute respiratory dis-

order may be followed by such complications as sinusitis, ear trouble, pneumonia, or other ailments of an even graver nature. Most of these secondary infections, however, are avoidable.

Colds are not due to changes in the weather or to the presence of drafts, although these things may lower the individual's resistance to the cold germs and make him more susceptible to the infection. Colds are infectious diseases caused by any one of a number of viruses. The United States Public Health Service isolated the first cold "bug" in 1947, but other viruses causing the common cold have been discovered since then.

Borne Through Air This bothersome ailment is known as an air-borne disease. The cold virus floats in the air where it has been expelled by the coughs and sneezes of infected individuals. Laboratory tests, so it is said, have discovered that one good sneeze can shoot 20,000 infection-laden droplets as far as 12 feet. After half an hour, it is stated, 4,000 of them will still be floating in the air.

To help the infected person protect himself and others, health officials and private physicians give these recommendations:

Go to bed and rest. Avoid getting chilled.

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To help the infected person protect himself and others, health officials and private physicians give these recommendations:

Go to bed and rest. Avoid getting chilled.

Eat light, well-balanced meals. Drink plenty of water, fruit juices, milk, soups, etc. Avoid pastries and heavy foods.

Don't blow the nose forcefully. This forces the infection into the sinuses and the eustachian tubes. Madding as it is to everyone concerned, it is best just to sniffle.

Cover the mouth, preferably with disposable tissue, when coughing or sneezing. Call the family doctor if fever, aches, or a racking cough continues for more than 24 hours. Get medical care at once if rust-colored sputum or chills occur. These are danger signals.

No Drug for Colds There is no drug yet known that successfully treats the common cold, according to Dr. Frank L. Horsfall Jr., who is one of America's most noted specialists in virus diseases. However, such treatments, while they do not cure a cold or even shorten the course of the disease, may lessen discomfort.

The immunity given by an attack of the common cold is uncertain and of short duration. At best, it may last for three or four months, but there is always the possibility that one such

infection will be quickly followed by another.

When all is said and done, the common cold must be considered a potentially dangerous and most annoying disorder. The best protection against it is to build up the body's defenses with the proper foods, plenty of rest and the daily practice of these and other good health habits. Quite definitely, the common cold is not something to be sneezed at.

A pamphlet on the common cold will be mailed to anyone who sends a card of request to the Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 12.

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In a lecture presented here last month, Florence Midaugh, C.S.B., of Los Angeles, member of the Board of Lectureship of the Mother Church, the First Church of Christ, Scientist, in Boston, Mass., spoke on the subject, "Christian Science: The Lecture in Part as follows:

Is there a way out of the darkness of human thinking? Is there a plan upon which all men can agree that will bring about enduring peace, harmony, and universal brotherhood? These are grave questions facing mankind today, but Christian Science answers them with perfect assurance and confidence to the satisfaction of all who turn to its teachings for light and guidance.

That the world today is in great need of healing from the mesmerism of evil beliefs is beyond doubt. Mankind is seeking release from sickness, sin, sorrow, loss, discontent, and woe. It may startle the world to know that the perfect plan for its redemption and healing was presented centuries ago and is available here and now. It is stated in simple Biblical terms, "Thou shalt have none other gods before me" (Deut. 5:7).

It is axiomatic that to find a way out of darkness one needs light. Christian Science turns the searchlight of Truth upon the Bible, opening the Scriptures that all may read and understand. Jesus of Nazareth said, "Search the scriptures: for in them ye think ye have eternal life; and they are they which testify of me" (John 5:39). Mary Baker Eddy, the Discoverer and Founder of Christian Science, has written, "Our thoughts of the Bible utter our lives" (Message to the Mother Church for 1902, p. 4).

Jesus' spiritual understanding of the Scriptures equipped him as none other to lead men out of darkness—out of false thinking—and to show them how to work out their own salvation. He taught that God alone is the source of all good and that nothing else can benefit and redeem mankind.

In her discovery of Christian Science, Mrs. Eddy found revealed the divine power of spiritually right thinking, in contrast with the powerlessness and instability of material thinking, subject to change and destruction, which Jesus so consistently proved to be deceptive.

Behind all the issues facing mankind today lies a deeper question now forcing itself upon the world. Which shall we choose, the light and understanding, the pure idealism that has formed the value and ideals of our plan of civilization, the freedom of man, or the deceptive opposite domination, suppression, and control now rising up from the lowest depths of materialism?

As Christ Jesus opened the thoughts of his followers to the clear meaning of the Old Testament, so today Christian Science illumines the Scriptures through

spiritual understanding of the Christ, Truth. It teaches that for men to know and love their Father-Mother God as He really is, they must prove their love and devotion to good alone, to all that is pure, wise, and righteous. It means there can be no acceptance of evil as real or coequal with good. There is no secondary power, and trust in and acceptance of the good that is God reveals to humanity the universal reality of the claims of evil. Christian Science assures us that the perception of reality, through the understanding of the real universe and man, is as practical and demonstrable in the affairs of men now as in the time of Jesus.

What Is God? On page 330 of Science and Health we find these words: "God is finite, the only Life, substance, Spirit, or Soul, the only Intelligence of the universe, including man."

Perhaps it may help one better to realize the nature and inclusiveness of God if a clearer understanding of the word "infinite" is obtained, for a true sense of infinitude gives the correct view of God. Webster defines infinite as "boundless." As understood in Christian Science, infinite means "the only." The infinite cannot be contained in the finite, else God would not be infinite, divine Life. Truth and Love can never lose for one in their inexhaustible and indestructible nature. It is the understanding of the infinite and only God, who created the spiritual universe as revealed in the first chapter of Genesis, which eliminates all thoughts of gods many. Belief in gods many has crept into the minds of human beings because men have allowed their concept of God to become materialized. Impoverished is the thought that does not accept the infinity of God, good.

Mrs. Eddy's grand definition of God as "the great I AM; the all-knowing, all-seeing, all-acting, all-wise, all-loving, and eternal" (Science and Health, p. 587), brings us face to face with present perfection and the realization of infinity. Here and now we can turn from human desires, false concepts, and awaken to recognize the divine standard of perfection, by acknowledging God as the great I AM and man as His reflection.

Man as Reflection Man is and ever must be at one with God. "I AM THAT I AM" indicates perfection and completeness, the effortless activity of infinite Mind, expressing and revealing itself within its own self-containment.

When Jesus said, "I and my Father are one," did he not mean that all there was to him was the divine reality, and that the all-active, divine Principle is ceaselessly and spontaneously expressing itself in its divine idea, man? God has already identified man as His reflection, for in the first

chapter of Genesis, verse 27, we read, "So God created man in his own image, in the image of God created he him; male and female created he them." In Christian Science whatever assertion one makes as "I" must be in full accord with Deity to be true. As one checks his use of the word "I" he may be astonished to find he is forgetting his infinite possibilities as a son of God. Man is wholly spiritual, so let us be ever aware of this great fact of being and not try to identify the man of God's creating with materiality. If we know that God is the only creator and man His reflection, we cannot logically think of ourselves as mortals; but is not this what one may be either ignorantly or thoughtlessly trying to do?

To understand the true sense of being, we must understand an all-important word used in Christian Science—one. The oneness of God and man constitutes true being, one infinite selfhood, exclusive and reflective within the all-inclusiveness of Mind. Then all that is actually going on at any time is going on in the realm of the self-completeness of infinity.

Man's oneness with God is his identification, and he cannot be linked with any phase of materiality. He is not subject to birth, growth, maturity, or death. We know our true identity in the exact proportion that we know God.

Prayer As we realize the all-inclusiveness of God and His ever-availability, and man's inseparability from Him, our thought naturally reaches out for a closer communion with the creator of all good.

Through the medium of prayer man's fellowship with God comes into conscious expression. True prayer is characterized by pure thinking. It results in deep love and adoration, which bring our lives into accord with divine Life, our Father-Mother, Love. Righteous prayer removes all obstacles and enables and encourages men to bring all their activities into the realm of God and into obedience to His law.

What prayer is so potent as silent prayer as revealed in Christian Science? Mrs. Eddy says in "No and Yes" (p. 38), "What but silent prayer can meet the demand, 'Pray without ceasing'?" Silent, ceaseless prayer teaches us to guard our thought constantly. The God who weighs our prayer according to motives answers according to His infinite wisdom. The unwise man who turns from his prayers to follow the influences of animal magnetism, seeking satisfaction in material prosperity, ease in matter, or who, perhaps, indulges in criticism, condemnation, or gossip, finds that spiritual desires have gone out, and materialism, indifference, and skepticism have crept in.

A present realization of spiritual facts makes us turn more

unreservedly to God in prayer. The thought that hungers and thirsts after righteousness is best filled by silent communion with the Father. What we desire to be and how quickly we find these desires fulfilled, depends largely upon how much we individually hunger and thirst right now for spiritual truths. "Search me, O God, and know my heart"; should be a prayer often on our lips.

Mary Baker Eddy We have said much in this lecture about Christian Science and its operation and its great benefit to mankind, but have said little of its Discoverer and Founder, Mary Baker Eddy. One can no more understand this Science in its purity without a correct understanding of Mrs. Eddy than one can comprehend Christianity without true knowledge of the words and works of Jesus.

Mrs. Eddy's inspired and therefore accurate perception of the teachings of Jesus was made possible only by her love and obedience to God. She could no more resist the desire to record and share her discovery with others than the sun can cease to shine. The truth she discovered is its own interpreter, and she proved faithful to her revelation of it by refusing to allow personal sense to stand in the way. She perceived the Science of Life and its activities so clearly that she was able to demonstrate it.

The world knows more of Mrs. Eddy as the Discoverer, Founder,



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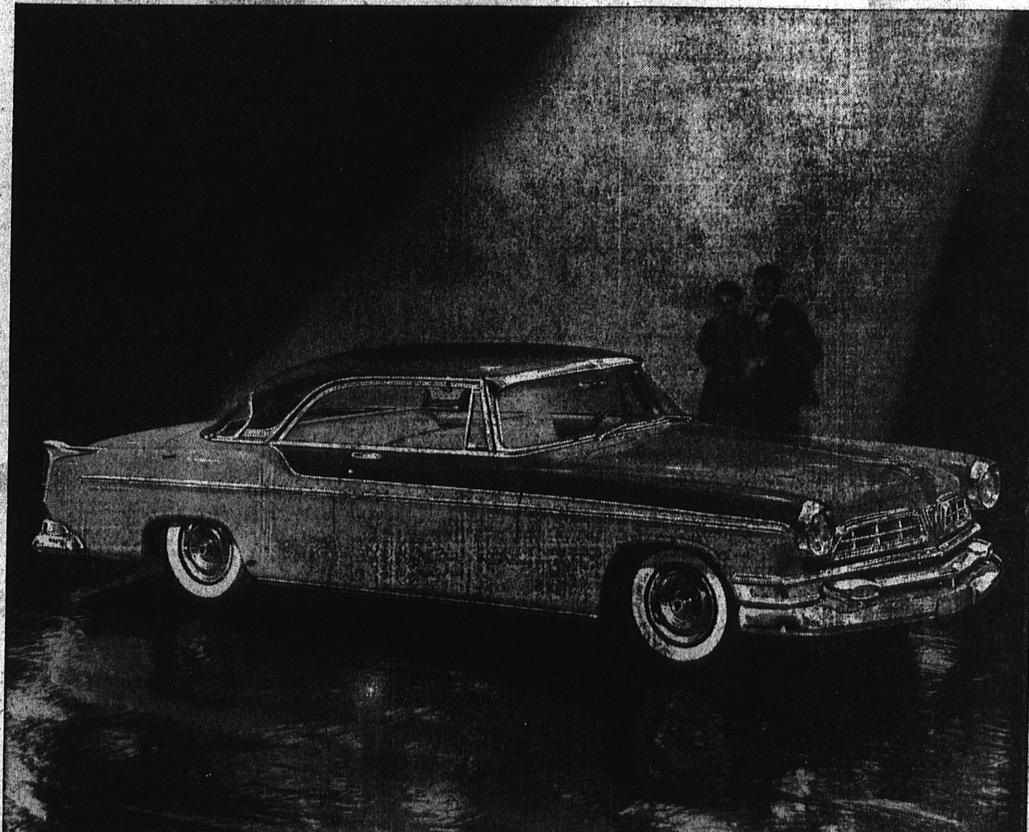
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